

EFFECT OF SPECIFIC TRAINING ON THE BODY MASS INDEX

FAHIM CHAUHAN

Mped II year

Department of Physical Education

University of Mumbai, Kalina, Mumbai 98.

ABSTRACT

The objective of the study was to find out the health status of women and design a suitable training program for the reduction of weight. 10 women within age group of 25 to 45 volunteered as subject for the study. The selected subjects underwent 5 months of specific training with 5 days in a week for 2 hours a day one hour in morning session and one hour in evening session. The data was analyzed using paired t-test. The results showed a significant reduction in the BMI of women.

Keywords: BMI, training, weight reduction and health status.

INTRODUCTION:

FITNESS: To carry out daily activities or tasks without fatigue and have enough energy to enjoy leisure pursuits and respond to emergencies.

Today generation there is so much equality given to women compared to the olden orthodox practicing, not only in the city but many village women have come up with several achievement. India being known as one of the male dominating country has witnessed many personalities breaking the stereotypes'.

Today there is no profession where women is not a part of, no house which is complete without a women. In fact there are a lot of states in the world where the education rates of women is higher scale than men.

Today world is recognizing the absolute strength of women in personal as well as professional.

Objectives of the Study

1. To find out the health status of women
2. To design a suitable training program for the reduction of weight
3. To find out the effect of specific training on reduction of weight

Hypotheses

H₁: There will be significance improvement in the reduction of body mass index of women due to specific training.

METHODOLOGY

Specific Training : In this there is indoor cycling with wearing proper gear, in personal training there will be sculpting of the body .i.e, doing weight training ,Insanity ,working on power plate(which works against gravity)and free hand workout .All this training will be done by wearing heart rate monitor for 45 -60 min.

RESEARCH DESIGN

For this experimental study 10 women with age group 25 to 45 have volunteered as subject for the study.

Pre test and Post test of body mass index has conducted before and after the specific training program on the selected subject. The selected subject underwent 5 month of specific training with 5 days in a week for 2 hours a day one hour in morning session and one hour in evening session.

STATISTICAL ANALYSIS

From the above data has been analyses by applying 't' test is has can be said that there has been a significant reduction in the body mass index of women after the application so specific training. The mean difference for the data obtained is 7.71, t is +6.31, degree of freedom is 9 and one tailed score is <0.0001 and two tailed score is 0.000139.

Table 1

Results of t-test

Mean _a - Mean _b	't'	df	p	One tailed	<.0001
7.71	+ 6.31	9		Two tailed	0.000139

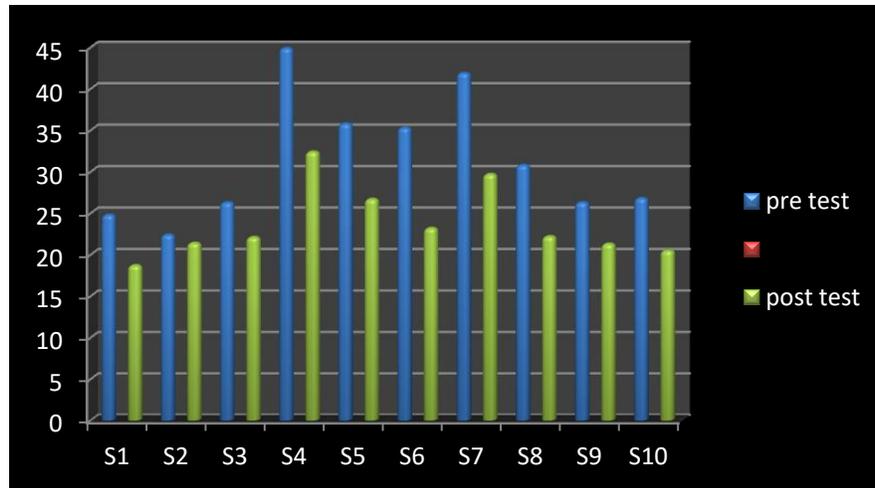


Fig. 1 Graph representing the pre and post data

CONCLUSION:

From the above statistical analysis and graphical representation it can be derived that there has been a significant reduction in the body mass index of women due to specific training.

REFERENCE

1. Body Mass Index: Obesity, BMI, and Health: A Critical Review Nuttall, Frank Q. MD, PhD Nutrition Today:May/June 2015 - Volume 50 - Issue 3 - p 117–128 doi: 10.1097/NT.0000000000000092 Nutrition Research
2. A Review Of Body Mass Index And Waist Circumference As Markers Of Obesity And Coronary Heart Disease Risk In Persons With Chronic Spinal Cord Injury. Buchholz AC¹, Bugaresti JM. Format: Abstract Send to Spinal Cord. 2005 Sep;43(9):513-8
3. *Body Mass Index In Children And Adolescents: Considerations For Population-Based Applications A Must¹Department of Public Health and Family Medicine, Tufts University School of Medicine, Boston, MA, USA² and S E Anderson² ²The Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA, USA*
Correspondence:
4. *Dr A Must, Department of Public Health and Family Medicine, Tufts University, 136 Harrison Ave, Boston, MA 02111, USA. E-mail: aviva.must@tufts.edu Received 20 December 2005; Revised 24 January 2006; Accepted 5 February 2006. International Journal of Obesity (2006) 30, 590–594. doi:10.1038/sj.ijo.0803300*